DOCUMENT RESUME

ED 283 008 CE 047 445

TITLE	Preparing Soups. Learning Activity Pack and Instructor's Guide 5.10b. Commercial Foods and Culinary Arts Competency-Based Series. Section 5: Basic Food Preparation.
INSTITUTION	Florida State Univ., Tallahassee. Center for Studies in Vocational Education.
SPONS AGENCY	Florida State Dept. of Education, Tallahassee. Div. of Vocational, Adult, and Community Education.
REPORT NO	IE-334-BK-85; IE-335-BK-85
PUB DATE	Jan 85
NOTE	70p.; For other documents in this series, see CE 047 434-456.
PUB TYPE	Guides - Classroom Use - Materials (For Learner) (051) -- Guides - Classroom Use - Guides (For Teachers) (052) -- Tests/Evaluation Instruments (160)
EDRS PRICE	MF01/PC03 Plus Postage.
DESCRIPTORS	Behavioral Objectives; Competency Based Education; *Cooking Instruction; Food; *Food Service; *Foods Instruction; Learning Activities; *Occupational Home Economics; Secondary Education
IDENTIFIERS	Florida; *Food Preparation; *Soups

ABSTRACT

This document consists of a learning activity packet (LAP) for the student and an instructor's guide for the teacher. The LAP is intended to acquaint occupational home economics students with preparing and serving soups. Illustrated information sheets and learning activities are provided in these areas: thin soups, thick soups, convenience soups, and service of soups. The instructor's guide begins with an instructional matrix in which the information sheets and written activities contained in the LAP and the written test items included in the instructor's guide are cross-referenced to the knowledge objectives addressed by the materials. This is followed by a series of notes to instructors on the LAP series and suggested instructional procedures for use in conducting individual and group enrichment activities. A unit test and answer key are included. (MN)

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LEARNING ACTIVITY PACK

5.10b

SECTION 5

Preparing Soups

Basic Food Preparation

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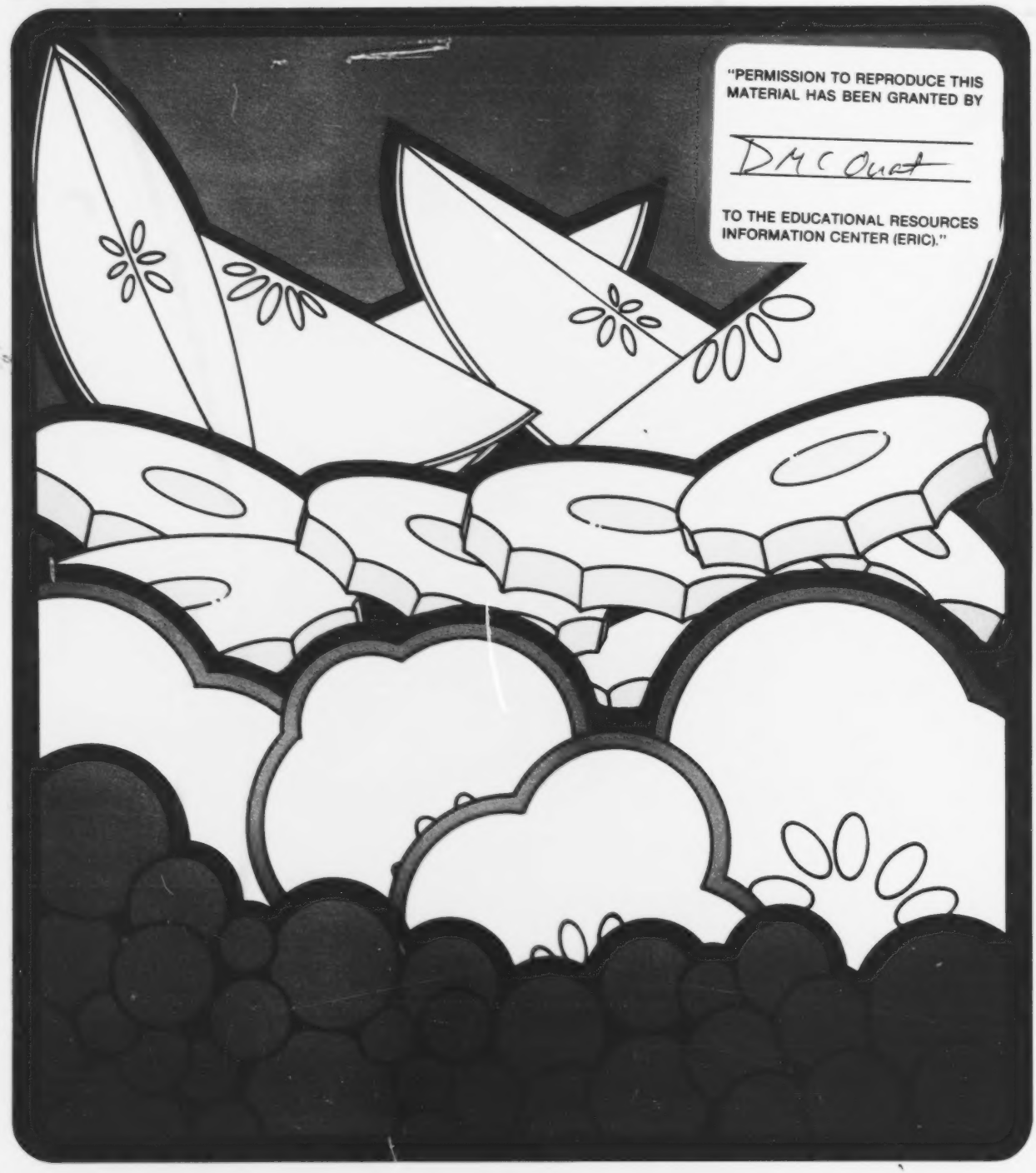

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The Center for Studies in Vocational Education
Florida State University

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LEARNING PACKAGE
5.10b
SECTION 5

Preparing Soups

Basic Food Preparation

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

January 1985

Acknowledgments

The Division of Vocational, Adult, and Community Education, Florida Department of Education wishes to express its gratitude to the agencies listed, which have granted permission for Florida to adapt the following materials:

Quantity Foods, developed by the 916 Vocational-Technical Center, White Bear Lake, Minnesota.

Food Management, Production, and Services: Competency-Based Curriculum, developed for the Tennessee State Department of Education, Division of Vocational Education, Nashville, Tennessee.

Career Related Instruction Series: *Baking and Pastry; Food Preparation; Food Service,* developed at the Capital Area Career Center, Mason, Michigan.

Also used were:

Employability Skills Series: *Good Work!* and *Food Production and Services: Learning Manager's Guide,* developed by the Florida Division of Vocational, Adult, and Community Education.

Subject matter experts who reviewed materials from around the nation, selected the materials to be adapted, and used their considerable experience and talents to monitor the development process were:

William Jacoby, St. Augustine Technical Center

Richard Petrello, Withlacoochee Area Vocational-Technical Center

William Petsch, Pinellas Vocational-Technical Institute

Nancy Steryous, St. Petersburg Vocational-Technical Institute

Bill White, Northeast Senior High School, St. Petersburg

John Wright, Westside Vocational Skills Center, Jacksonville

Ronald Zabkiewicz, South Technical Education Center, Boynton Beach

Assistance on the project was also given by:

Valeria Mason and Iris Helveston, Regional Program Consultants, Division of Vocational, Adult, and Community Education

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These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation.**

Purpose and Contents

Purpose

The purpose of LAP 5.10b is to teach you how to prepare and serve soups. You will learn to clarify soup, prepare cold jellied soups, make roux for cream soups, and puree fruits or vegetables for pureed soups. Soups are on almost every menu. They can be served as appetizers, main meals, or desserts. A good soup served properly spotlights a qualified chef and the quality of the food establishment.

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Introduction

Written Test

You will be able to pass the written test for LAP 5.10b when you can successfully complete the following:

1. Match a list of vocabulary words with their definitions. (At least 19 out of 21 must be correct.)

2. Choose the correct words or phrases to complete multiple choice statements about thin soups. (At least 9 out of 10 must be correct.)

3. Choose the correct words or phrases to complete multiple choice statements about thick soups. (At least 9 out of 10 must be correct.)

4. Match a list of types of soups with their descriptions. (At least 9 out of 10 must be correct.)

5. Indicate which types of soup are thick and which are thin. (At least 9 out of 10 must be correct.)

6. Choose the correct words or phrases to complete multiple choice statements about convenience soups. (All 5 must be correct.)

7. Choose the correct words or phrases to complete multiple choice statements about service of soups. (At least 7 out of 8 must be correct.)

If you feel you know enough to pass the written test for LAP 5.10b before studying it, talk with your instructor.

Skills Test

You will be able to pass the skills test for LAP 5.10b when you complete the following successfully:

1. Make clarified soup. The soup must be clear and free of all food particles, fat, and grease. It should have an appetizing flavor. It must be served at the correct temperature. The garnish must be correctly cut and portioned.

2. Make jellied soup. The soup should look appetizing and be colorfully and appropriately garnished. It must be seasoned and gelled correctly and served very cold.

3. Make roux for cream soup. The roux must be completely cooked and have a nutty (not floury) flavor. The consistency should be like that of moist sand. The color should be white or cream, not brown.

4. Make cream soup from roux. The soup must be smooth and thick, not thin or pasty. It should be well-seasoned and flavorful and free of fat. The soup should be served at the correct temperature and be garnished appropriately.

Introduction (continued)

5. Make pureed soup. The soup must be smooth and free of food chunks, vegetable skins, lumps, and fat. It should be well-seasoned. It should look appetizing and be colorfully and appropriately garnished. It should be served at the correct temperature.

REMEMBER . . . Your final performance will also be judged on how well you:

- organize your work area for efficient production before starting,
- follow the steps correctly, in the right order, and
- clean your work area when you are finished.

If you feel you already know enough to pass the skills test for LAP 5.10b before practicing the skills, talk with your instructor.

Learning Steps

To help you pass the written and skills tests for this LAP, you should follow these learning steps in order. There are two kinds of activities you will be asked to do:

Written activities will prepare you for the **written test**. They should all be done on a separate sheet of paper. The answers for these activities are in the back of this LAP. **Do not write in this LAP!**

Practice checklist activities will prepare you for the **skills test**. They will be done in the kitchen or dining area. Check with your instructor before beginning these activities.

1. Read and study **Information Sheet 1:** Vocabulary.
2. Complete **Activity 1:** Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2:** Thin Soups.
4. Complete **Activity 2A:** Thin Soups. Check your answers.
5. Complete **Activity 2B:** Practice Checklist—Make Clarified Soup.
6. Complete **Activity 2C:** Practice Checklist—Make Jellied (Cold) Soup.
7. Read and study **Information Sheet 3:** Thick Soups.
8. Complete **Activity 3A:** Thick Soups. Check your answers.
9. Complete **Activity 3B:** Types of Thick and Thin Soups. Check your answers.

Introduction (continued)

10. Complete **Activity 3C:** Practice Checklist—Make Cream Soup Using Roux.

11. Complete **Activity 3D:** Practice Checklist—Make Pureed Soup.

12. Read and study **Information Sheet 4:** Convenience Soups.

13. Complete **Activity 4:** Convenience Soups. Check your answers.

14. Read and Study **Information Sheet 5:** Service of Soups.

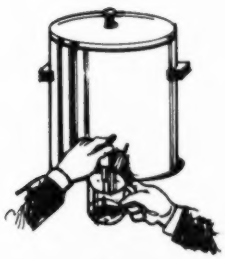
15. Complete **Activity 5:** Service of Soups. Check your answers.

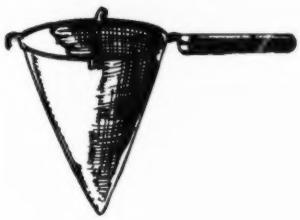
16. Get **Written Test 5.10b** from your instructor and complete it. If you are successful, go on to Step 17; if not, talk with your instructor.

17. Have your instructor evaluate you on **Skills Test 5.10b**. If you are successful, you have completed this LAP; if not, talk with your instructor.

Information Sheet 1
Vocabulary

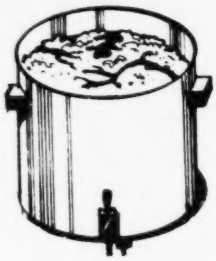
1. **stock**—the liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked; used as a base, never as a final product to be served
2. **soup**—a liquid food ready for serving, usually consisting of the broth or stock of meat, vegetables, fish, or shellfish
3. **thin soup**—clear, rich soup prepared without the use of a thickener; examples are French onion soup, bouillon, and consomme
4. **thick soup**—soup made with foods added to the stock for extra body; examples are cream soup, chowder, and bisque
5. **cold soup**—soup served chilled; examples are jellied consomme and vichyssoise
6. **convenience soup**—soup that is already prepared; requires only heating or cooling and sometimes the addition of liquid
7. **condensed**—*part* of the water has been removed
8. **dehydrated**—*all* of the water has been removed
9. **spigot**—a faucet; some stock pots have them





10. **china cap**—a long, pointed metal strainer used for straining sauces, stocks, and soups

Information Sheet 1 (continued)
Vocabulary



11. **raft**—a thickened mass that rises to the top of a stock pot when stock is clarified

12. **puree** (pronounced *pyu'-ray*)—a strained or blended thick pulp and juice of vegetables or fruits; also, to force cooked foods through a strainer or run them through a blender to make a thick, smooth pulp

13. **jellied**—refers to chilled liquid that has congealed (become springy and quivery)

14. **legume**—the fruit or seed of protein-rich plants such as peas or beans; used for food

15. **roux** (pronounced *roo*)—equal amounts of fat and flour cooked together to form a thick paste; used to thicken stock for soups and sauces

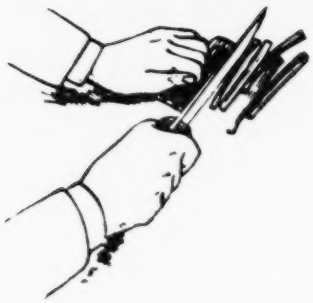
16. **bouquet garni**—stick-like herbs and spices tied together and cooked with stocks and soups for flavoring

17. **sachet** (pronounced *sa'-shay*)—herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring

18. **clarify**—to make a liquid clear or transparent by removing food particles

Information Sheet 1 (continued)
Vocabulary

19. **mirepoix** (pronounced *mir'-pwa*)—cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service
20. **soup garnish**—any edible food product added to a soup to improve its flavor, add body to it, or decorate it
21. **julienne**—cut into long, thin strips



Activity 1
Matching Vocabulary Words

Directions

On a separate sheet of paper, write each vocabulary word and then write the correct definition, chosen from the list on pages 9-10.

DO NOT WRITE IN THIS LAP

Vocabulary Words

1. **stock** _____
2. **soup** _____
3. **thin soup** _____
4. **thick soup** _____
5. **cold soup** _____
6. **convenience soup** _____
7. **condensed** _____
8. **dehydrated** _____
9. **spigot** _____
10. **china cap** _____
11. **raft** _____
12. **puree** _____
13. **jellied** _____
14. **legume** _____
15. **roux** _____
16. **bouquet garni** _____
17. **sachet** _____
18. **clarify** _____
19. **mirepoix** _____
20. **soup garnish** _____
21. **julienne** _____

Check your answers in the back of this LAP. If you missed any, review Information Sheet 1.

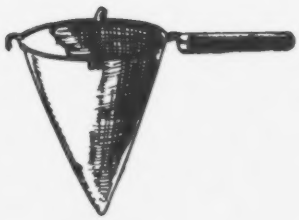
Activity 1 (continued)
Matching Vocabulary Words

Definitions

- Stick-like herbs and spices tied together and cooked with stocks and soups for flavoring

- Equal amounts of fat and flour cooked together to form a thick paste; used to thicken stock for soups and sauces

- To make a liquid clear or transparent by removing food particles



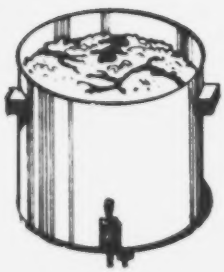
- A long, pointed metal strainer used for straining sauces, stocks, and soups

- Herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring

- *Part* of the water has been removed

- A strained or blended thick pulp and juice of vegetables or fruits; also, to force cooked foods through a strainer or run them through a blender to make a thick, smooth pulp

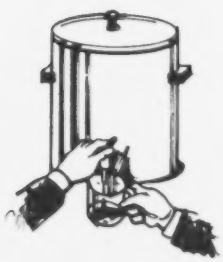
- The fruit or seed of protein-rich plants such as peas or beans; used for food



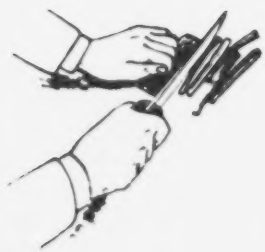
- A thickened mass that rises to the top of a stock pot when stock is clarified

Activity 1 (continued)
Matching Vocabulary Words

- Cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service
- Refers to chilled liquid that has congealed (become springy and quivery)
- Any edible food product added to a soup to improve its flavor, add body to it, or decorate it
- Clear, rich soup prepared without the use of a thickener; examples are French onion soup, bouillon, and consomme
- The liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked; used as a base, never as a final product to be served
- *All* of the water has been removed
- Soup made with foods added to the stock for extra body; examples are cream soup, chowder, and bisque
- Soup served chilled; examples are jellied consomme and vichyssoise
- A faucet; some stock pots have them



- A liquid food ready for serving, usually consisting of the broth or stock of meat, vegetables, fish, or shellfish
- Cut into long, thin strips



- Soup that is already prepared; requires only heating or cooling and sometimes the addition of liquid

Information Sheet 2
Thin Soups

Soups are enjoyed in societies the world over. They are served as appetizers, desserts, and even as complete meals. People like soups because soups are flavorful, easy to eat, and easy to digest. Moreover, they are filling and nourishing but not expensive.

Soup stocks may be made from leftovers or from cheaper cuts of meats, bones, and trimmings. The best soups are based on well-prepared stock. Soups are easy to prepare, though they take time. Preparation of high-quality soup involves long and slow simmering of ingredients together with seasonings and garnishes. The number and kind of ingredients that can be put into the soup pot are limited only by the imagination of the cook or chef. Almost any meat, fish, vegetable, grain, fruit, or dairy product can be made part of soup.

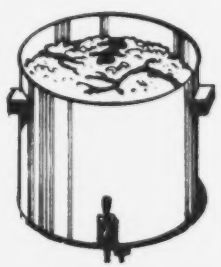
Dozens of different soups may be prepared by using just a few basic methods and principles. To make learning easier, think of two major categories of soups: *thin* and *thick*. Both kinds can be served hot or cold.

Among the thin soups are broths (bouillons), consommes, and vegetables soups. Most thin soups are a clear, rich liquid. They are prepared without the use of a thickener. These soups are often made from stock that has been improved for serving by the addition of seasonings and garnishes, and sometimes by clarification.

Clarifying Soup Stock

Soup stock often needs to be clarified (made clear) by removing food particles that remain in it. This may be done by combining the food particles with protein substances. Here is one way:

Blend raw egg whites, ground lean beef, mirepoix cut julienne style, and water. Add this mixture to cooled stock and reheat. The mixture will begin to coagulate (turn solid) and rise to the top, carrying with it many of the food particles in the stock. This coagulated mass is called a raft. (Sometimes a small hole, or vent, is made on the raft so that the stock flows through it and over it, leaving the small food particles on top. Check with your instructor about using this method.) Continue to simmer the mixture for about an hour. Then strain the raft through several thicknesses of cheesecloth to make the stock clear.



A raft in a stock pot

Information Sheet 2 (continued)
Thin Soups

Types of Thin Soups

Broth (bouillon) is a liquid in which meat, seafood, or vegetables have been boiled or simmered and then strained.

Consomme is a clear, transparent soup made by clarifying stock or broth. Nearly all consommes are derived from one of two sources: chicken stock, which is used for white consommes, or beef stock, for others. The various consommes are named for the additional ingredients or garnishes that go into their production—for instance, tomato madrilene. Although most consommes are served hot, a few are served cold or jellied.

Vegetable soups are made by simmering vegetable garnish with stock. Often diced or julienne meat is added.

Thin Cold Soups

Jellied soups begin as thin soups but when chilled become congealed (springy and quivery). They are transparent (clear) in appearance, having only the color of their basic ingredients, as in tomato madrilene. Gelatin is sometimes added when the soup doesn't congeal by itself.

The broth from some meats will congeal when cooled; no gelatin has to be added. Cooled concentrated meat broths (from beef and chicken) are used to form jellied soups which are served as appetizers. These delicious warm-weather soups may be more highly seasoned than hot soups since their salt content often is higher.

Consomme or broth may be chilled for several hours and served as jellied soup. It is sometimes necessary, however, to add gelatin according to the directions given in the recipe or on the label.

Before serving jellied soup, break up the jelly lightly with a fork, and garnish with lemon and parsley or salted whipped cream.

Thin cold soups, when not jellied, may be prepared quickly by using a blender and then chilling briefly in the freezer (but *do not freeze the soup*). Cold fruit soup is a blend of assorted fruits and their natural juices. Fresh and dried fruits, one kind or a combination, are cooked until they can easily be pureed. If you serve a cold fruit soup at the beginning of a meal, do not use too much sugar. Fruit soups are also refreshing when made from frozen fruits and served as a dessert.

Activity 2A
Thin Soups

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement.

DO NOT WRITE IN THIS LAP

1. Soup may be served as _____.

   an appetizer
   a meal
   a dessert
   all of the above

2. The best soups are based on _____.

   good seasonings
   well-prepared stocks
   thickening agents
   all of the above

3. Soups can be grouped into two major categories: _____ and _____.

   meat, vegetable
   brown, white
   thin, thick
   hot, cold

4. Thin soups are thin because they _____.

   are liquid only
   use a thin stock
   are prepared without the use of a thickener
   are prepared with a starch product

5. Soup stocks are clarified by _____.

   straining out food particles
   draining away all food particles
   combining food particles with protein substances
   using a skimmer to remove scum

6. Jellied soups are _____ soups that have been chilled.

   thick
   thin
   fruit
   cold

Activity 2A (continued)
Thin Soups

7. In making cold soups, _____ is sometimes added to help make them congeal.

   roux
   ice
   starch
   gelatin

8. You must sometimes add gelatin to make jellied soups. Some broths will _____.

   need more gelatin than others
   congeal without adding gelatin
   need more refrigeration than others
   become too thick if gelatin is added

9. Before serving jellied soup, _____.

   place it in a gelatin mold
   break up the jelly with a fork
   place it in the blender
   freeze it

10. A popular kind of cold soup used as a dessert is _____.

    consomme
    bouillon
    jellied soup
    fruit soup

Check your answers in the back of this LAP. If you missed any, review Information Sheet 2.

Activity 2B
Practice Checklist: Make Clarified Soup

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper.** Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for a clarified soup from your instructor. Read the recipe and make any adjustments, conversions, or substitutions necessary.
	2. Wash your hands.
	3. Organize your work area for efficient preparation by assembling all ingredients and equipment near the stove.
	4. Use very lean beef. Grind the beef if necessary.
	5. Cut the vegetables (garnish and mirepoix) if necessary.
	6. Separate the eggs. Save the egg whites. Store the yolks for another recipe.
	7. Mix the ingredients into *cooled* stock.
	8. Bring the liquid to a boil, stirring occasionally.
	9. Reduce the heat to simmer.
	10. All the food particles should rise to the top to form a raft. (Check with your instructor about making a vent.) **Do not break the raft. Do not stir the stock. Do not boil the stock.** Simmer the stock for two hours.
	11. Remove the stock from the heat. Open the stock pot spigot and drain the stock through a china cap covered with a cheesecloth. The raft should remain together and sink to the bottom. Throw the raft away.
	12. Do a taste test.
	13. Add garnish if necessary. Cook the garnish if necessary.
	14. Serve the soup hot or cold according to the recipe.
	15. Clean and sanitize the work area, utensils, and equipment.

Standards of Evaluation

✔	
	1. Is the soup very clear and free of all food particles?
	2. Is it free of grease?
	3. Does it have an appetizing flavor?
	4. Is it being served at the correct temperature?
	5. Is the garnish correctly cut and portioned?

Activity 2C

Practice Checklist: Make Jellied (Cold) Soup

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper.** Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for a jellied soup from your instructor. Read the recipe and make any adjustments, conversions, or substitutions necessary.
	2. Wash your hands.
	3. Organize your work area for efficient preparation by assembling all ingredients and equipment near the stove.
	4. Prepare clarified soup. Do a taste test. (Use Activity 2B, *Practice Checklist—Make Clarified Soup.*) **Do not oversalt.** Chilling will make the soup seem saltier.
	5. Soak gelatin in water until dissolved.
	6. Stir the gelatin into *hot* soup.
	7. Pour the mixture into a gelatin mold or baking pan.
	8. Refrigerate until firm. Do a taste test.
	9. Place the jellied soup in serving dishes; or, if it is molded, place it on a platter for a buffet.
	10. For jellied soup in dishes, break up lightly with a fork.
	11. Garnish and serve very cold.

Standards for Evaluation

✔	
	1. Does the soup look appetizing? Is it colorful and appropriately garnished?
	2. Is it seasoned correctly, not too salty?
	3. Is it correctly gelled, not thin and watery or heavy and rubbery?
	4. Is it being served very cold?

Information Sheet 3
Thick Soups

Thick soups get their thickness from starch products added to the stock. Thickening (binding) is a culinary process that gives body to liquid foods such as soups and sauces. Thickening is done by using thickening agents. Each type of thickening agent lends its own distinct flavor to the finished product.

Thickening Agents

Roux, the most popular thickening agent, is made from equal parts (by weight) of flour and fat (butter, shortening, chicken fat, or meat drippings). The fat is melted, and flour, preferably bread flour, is added to it.

There are three kinds of roux: white, pale (blond), and brown. White roux is used for cream soups and white sauces. It should be cooked on top of the stove over low heat, stirring constantly. Pale roux, which is cooked slowly till golden brown, is used for velouté; a sauce. Brown roux, used for soups and gravies, is cooked very slowly in an oven until it is light brown and has an odor of roasted hazel nuts. Frequent stirring will prevent burning or scorching of roux. If roux is cooked at too high a temperature, the thickening power is destroyed and the roux may become scorched, producing a bitter flavor in the soup or sauce. If properly prepared, roux keeps well; it does not require refrigeration.

To make 10 pounds of roux, you need 5 pounds of clarified fat and 5 pounds of the best-quality flour. Take care when cooking roux *not* to allow water into the mixture. If the fat used is not clarified, water in the fat will create lumps in the soup. Cooking for a longer time will not remove the starchy taste that results. Once the fat and flour are blended, water (stock) can safely be added. (For information on clarifying fats, see LAP 5.11, *Using Herbs and Spices; Preparing Sauces and Gravies*.)

Slurry is a mixture of cornstarch and water. It is a thickening agent that gives a glossy, almost clear finish to a soup or sauce. It does not affect the natural color of the liquid in soups or in fruit sauces and vegetable sauces. Slurry works well for all sweet soups and sauces, including Chinese soups and sauces, which are almost clear yet thick. Slurry is often used for items to be frozen since sauces with flour do not freeze well. To make slurry, blend cornstarch in water until it forms a white liquid. When adding slurry to a soup or other product to be thickened, be sure the product is boiling; this will prevent lumps and scorching. Reduce the heat after the slurry has been stirred in, but bring the product back to a boil before removing it from the heat.

Whitewash is a smooth mixture of flour and water. It is sometimes added to give a desired thickness. Its general use is not recommended, however, because it doesn't add the flavor and richness roux adds, nor does it give the clarity slurry gives.

Other thickening agents are blood of rabbits and chickens, raw potatoes, rice, tapioca, and oatmeal.

Information Sheet 3 (continued)
Thick Soups

Types of Thick Soups

Cream soups usually are named for the main ingredient of the garnish: cream of asparagus, cream of chicken, cream of fresh vegetables. Cream soups are thickened with a thickening agent; then milk or cream is added. They may be served hot or cold. Vichyssoise is a famous French cream soup made with potatoes and leeks.

There are four ways to make cream soup: (1) by adding plain starch (flour or cornstarch) and liquid (usually water), or roux for better flavor and texture; (2) by adding a starchy vegetable such as potatoes; (3) by adding pasta products such as noodles or macaroni; (4) by combining puree, roux, and cream. Egg yolks are used in some specialty cream soups.

Like clear soups, cream soups may be served strained and plain, or they may be garnished. When making cream soups, remember that the soup may curdle (lump) if too much heat, salt, or acid is used.

A thick cream soup may be prepared quickly using velouté sauce as a base. Just add pureed vegetables or meat for a smooth cream soup; for a chunky variety, add pieces of meat, fish, chicken, or vegetables. The richness of a cream soup will vary according to the type of liquid used. A light vegetable cream soup may be made with skim milk; a richer cream-of-chicken soup may be finished with heavy cream.

Many food service establishments store gallons of soup base made with stock, roux, and garnish. To make fresh-tasting soup each day, workers heat a portion of the base and add cream or milk. This mixture does not refrigerate well; it sours and picks up odors. It also may curdle if it is reheated and held on a serving line.

Purees are thickened soups made without milk or cream. They usually are made from legumes (dried peas, beans, or lentils) but may be made from any vegetable. Since purees are fairly hearty soups that often combine high-protein foods with starchy foods, they may be used as a main dish. Pureed soups are made in a blender or food processor and served cold. The Spanish salad soup, gaspacho, is prepared this way. It is made of cucumbers, tomatoes, and other vegetables blended together with salad oil and vinegar.

Chowders are made from fish, shellfish, and vegetables, although the vegetable chowders should really be called cream soups. Chowders usually are made with milk or cream and include potatoes and salt pork.

Chowder comes from the French word *chaudière*, which means "hot pot." It was developed by early French explorers in Newfoundland who eventually settled in New England. Today, the types of chowder include the famous New England, Manhattan, and vegetable. New England and vegetable chowders are milk-based. Manhattan chowders are tomato-based. Vegetable chowders may use corn, lima beans, or mushrooms.

Information Sheet 3 (continued)
Thick Soups

Gumbos are considered relatives of chowder. A specialty soup of the Cajuns in Louisiana, gumbo is rich and thick, containing bits of ham, tomatoes, okra, rice, onion, vegetables, and either shellfish or chicken.

Bisques are thick, rich soups made from shellfish. They are named for the main ingredient; an example is shrimp bisque. Bisques, unlike chowders, contain only the ingredients for which they are named. They usually are prepared with cream.

Thick Cold Soups

Thick cold soups are made the same way that thick hot soups are made. One very popular thick soup which is served chilled is vichyssoise. It is a cream soup made from potatoes, onions, leeks, chicken stock, and cream. It is usually garnished with chopped chives for added color. Vichyssoise may also be served hot, but then the name is changed to *potage Parmentier*.

Gaspacho is the Spanish version of a cool, creamy, smooth cucumber-onion soup with a consomme base. Sour cream usually is added to gaspacho. It may be garnished with dillweed for better flavor and appearance.

Many of the thick cold soups may be made with a blender from pureed vegetables. Velvety smoothness is a requirement for serving.

Activity 3A
Thick Soups

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement.

1. Thick soups are thick because they _____.

   have a lot of garnish
   have meat and garnish
   are prepared with a starch
   use a thick stock

2. Roux is made with _____.

   a little fat and a lot of flour
   milk, flour, and fat
   flour and water
   equal parts of flour and fat

3. The difference in preparing white, pale, and brown roux is: _____.

   the more brown stock you add the darker it gets
   the longer you cook it the lighter it gets
   the longer you cook it the darker it gets
   the type of stock you add controls the color

4. If roux is cooked at too high a temperature, the thickening power is _____.

   activated
   slowed
   destroyed
   increased

5. If you want a glossy, clear finish to your soup, you use _____ as a thickening agent.

   white roux
   whitewash
   tapioca
   slurry

6. _____ is used as a thickening agent for sweet soups and sauces.

   pale roux
   slurry
   whitewash
   flour

Activity 3A (continued)
Thick Soups

7. _____ adds thickness only, and its general use is not recommended.

   cornstarch
   roux
   whitewash
   white roux

8. Other thickening agents are _____.

   blood of rabbits and chickens
   raw potatoes and rice
   tapioca and oatmeal
   all of the above

9. When preparing cream soups, remember that the soup can curdle if too much _____ is used.

   heat
   salt
   acid
   all of the above

10. Thick cold soups are _____.

    made the same way thick hot soups are made
    have different thickeners than thick hot soups
    have different ingredients than thick hot soups
    are prepared differently than thick hot soups

Check your answers in the back of this LAP. If you missed any, review Information Sheet 3.

Activity 3B
Types of Thick and Thin Soups

Directions

On a separate sheet of paper, write the name of each type of soup and then write the correct description, chosen from the list on the next page. In the space before each type of soup, write *thick* or *thin*.

DO NOT WRITE IN THIS LAP

Soups

_____ 1. **broth (bouillon)** _____

_____ 2. **chowder** _____

_____ 3. **cream soup** _____

_____ 4. **consomme** _____

_____ 5. **madrilene** _____

_____ 6. **puree** _____

_____ 7. **gumbo** _____

_____ 8. **bisque** _____

_____ 9. **gaspacho** _____

_____ 10. **vichyssoise** _____

Activity 3B (continued)
Types of Thick and Thin Soups

Descriptions

A spicy Spanish soup made of tomato, beef bouillon, cucumber, and other vegetables blended together and pureed

A specialty soup from Louisiana made of ham, tomatoes, rice, vegetables, and shellfish or chicken

In addition to the major ingredient of the garnish and the thickening agent, milk or cream is used to finish

A spicy tomato consomme

A soup whose main ingredient is the thickening agent; made in a blender or food processor

A clarified meat stock; may be served hot or cold

Liquid in which meat, fish, or vegetables have been cooked, then strained

An unstrained stew-like soup of fish or vegetables with milk and potatoes; usually contains salt pork

A thick, rich soup usually made from shellfish, with a cream base thickened with roux

A cold soup made with potatoes, onions, leeks, chicken stock, and cream

Check your answers in the back of this LAP. If you missed any, review Information Sheets 2 and 3.

Activity 3C
Practice Checklist: Make Cream Soup Using Roux

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for a cream soup that uses roux from your instructor. Read the recipe and make any adjustments, conversions, or substitutions necessary.
	2. Wash your hands.
	3. Organize your work area for efficient preparation by assembling all ingredients and equipment near the stove.
	4. Place clarified fat or butter in the stock pot. Melt over medium heat.
	5. Saute the mirepoix if necessary.
	6. Using a wire whip, stir in the flour. Make a white roux. Check the recipe for cooking time. **Do not allow the mixture to turn brown.**
	7. Add the stock while stirring constantly with the wire whip. Stir until the mixture is thick and smooth.
	8. Stir in the cream or milk with the wire whip.
	9. Season according to the recipe. Do a taste test.
	10. Continue cooking according to the recipe. **Do not allow the mixture to boil.**
	11. Strain the mixture through a china cap and cheesecloth if necessary.
	12. Do a taste test. Ladle the soup into serving dishes.
	13. Add the final garnish.
	14. Serve the soup very hot or very cold, according to the recipe.
	15. Clean and sanitize the work area, utensils, and equipment.

Standards for Evaluation

Roux

✔	
	1. Is the roux completely cooked, but not overdone?
	2. Does it have a nutty flavor, not floury?
	3. Does it have the consistency of moist sand?
	4. Is the color white or cream, not brown?

Activity 3C (continued)
Practice Checklist:
Make Cream Soup Using Roax

Cream Soup

✔	
	1. Is the soup smooth, not lumpy?
	2. Is it well-thickened, not thin or pasty?
	3. Is it flavorful and well-seasoned, not too strong tasting or salty?
	4. Is it free of fat?
	5. Is it being served at the correct temperature?
	6. Do the garnishes look appealing and fresh, not overdone, skimpy, or soggy?

Activity 3D
Practice Checklist: Make Pureed Soup

Directions

Write down the steps and the standards for evaluation for this task **on a separate sheet of paper**. Then, ask your instructor for the tools, equipment, and ingredients you will need to practice this skill. FOLLOW THE STEPS CAREFULLY. You may want to look at the information in the LAP to help you perform the task.

Steps

✔	
	1. Get a recipe for a pureed soup from your instructor. Read the recipe and make any adjustments, conversions, or substitutions necessary.
	2 Wash your hands.
	3. Soak the legumes overnight if necessary.
	4. Organize your work area for efficient preparation by assembling all ingredients and equipment near the stove.
	5. Cook vegetables to soften if necessary. (Tomatoes and fruits do not need to be cooked first.)
	6. Using a food mill, food processor, or blender, reduce the vegetables to a smooth paste.
	7. Cook according to the recipe, adding seasonings, stock, and mirepoix.
	8. Strain the mixture through a china cap and cheesecloth if necessary.
	9. Serve it very hot or very cold, according to the recipe. Garnish.
	10. Clean and sanitize the work area, utensils, and equipment.

Standards for Evaluation

✔	
	1. Is the soup smooth and free of food chunks, vegetable skins, and lumps (other than garnish)?
	2. Is it free of grease?
	3. Is it seasoned well, not over- or under-seasoned or salty?
	4. Does it look appetizing? Is it colorful and appropriately garnished?
	5. Is it being served at the correct temperature?

Information Sheet 4
Convenience Soups

Convenience soups are widely used in food service establishments to save time and cut labor costs. What makes a convenience soup convenient is that it is ready-made; most of the work is already done, and customers can be served hot soups quickly. Convenience soups are also used for preparing other items, such as casseroles, stews, sauces, dressings, and dips.

For best results when using convenience soups, carefully follow the instructions on the label.

Canned Soups

Some canned soups need only to be heated and served. *Condensed* soups require that liquid (water or milk) be added before heating. The label indicates the type of soup in the can. A wide variety of clear (canned stock) or milk-base soups are available. Different kinds of canned soups may be combined to create new flavors.

Microwave ovens are often used to heat soups quickly. They must be used with the proper containers; most models will not allow metals. Some food service establishments have electric soup heaters for small amounts of soup.

Dehydrated Soups

All of the water has been removed from a dehydrated soup; all that remains is a dry mixture in the form of cubes, as in bouillon, or granules, as in bouillon and consomme. The most popular flavors are chicken and beef. When a dehydrated soup is dissolved in hot liquid, it usually makes one cup of clear broth. In addition to their use as a clear broth, dehydrated soups can be used as a base for hearty soups or to add flavor to sauces, gravies, vegetables, casseroles, and other soups.

Frozen Soups

Frozen soups are purchased in condensed and ready-to-serve forms. Most frozen soups should be removed from the freezer and allowed to thaw just before heating to serve.

Characteristics of Well-Prepared Convenience Soups

- ✔ Consistency typical of the soup type
- ✔ Flavor typical of the foods in the soup
- ✔ Not watery
- ✔ Served at the proper temperature

Activity 4
Convenience Soups

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement.

1. Convenience soups are used to make _____.

   hot and cold soups
   casseroles and stews
   sauces, dressings, and dips
   all of the above

2. Condensed soups _____.

   are ready to serve
   need to have liquid added
   are always canned
   have all the water removed

3. To prepare dehydrated soups you should _____.

   dissolve the dry mixture in hot liquid
   heat before serving
   add water to the condensed mixture
   thaw before heating

4. To prepare frozen soups you should _____.

   dissolve the dry mixture in hot liquid
   heat before serving
   add water to the condensed mixture
   thaw before heating

5. The characteristic(s) of a well-prepared convenience soup (is, are) _____.

   consistency typical of the soup type
   flavor typical of the foods in the soup
   not watery
   all of the above

Check your answers in the back of this LAP. If you missed any, review Information Sheet 4.

Information Sheet 5
Service of Soups

What soup to serve depends entirely upon the occasion. Clear, thin soup or consomme should precede a dinner of several courses; its purpose is to put the diners in the right mood. Thick soup is often served as a main course. Fruit soup can be served either before or after the meal.

Before serving a soup you need to taste it to make sure it will be satisfactory to the customer. Soup, like all products, should be tasted in a professional manner. Pour a little soup into a saucer. Check its color, consistency, and finally its flavor.

If a soup has fat on it, spread a piece of absorbent paper across the surface, or skim off the fat with a ladle.

Most soups are served very hot in cups, bowls, or tureens. There are a few warm-weather soups that are served cold either in liquid or in jellied form. Cold soups should be served in chilled soup cups. When there is more than one soup on a menu, the soups should contrast with one another.

When you choose soups for a banquet or a party, the soups should contrast with the entree (main course). A light soup or consomme should be used with a heavy entree; a heavy soup should be used with a light entree.

Garnishes

Most soups are served with some type of garnish for decoration and to improve the flavor and add body. The garnish may be very simple, such as croutons (small bits of toasted bread), chopped chives, or parsley. Fancier garnishes include julienne crepes (pancakes), quenelles (meat dumplings), and egg dumplings. Garnish may either be added to the soup when served or cooked into the soup before serving. Garnishes that need a fresh look or get soggy on standing (such as croutons) should be placed on top of the soup or on the side at service time.

The soup is often named for the garnish that accompanies it. Some of the most commonly used garnishes are vegetables, chopped parsley, minced chives, minced leeks or scallions, croutons (plain or cheese), Parmesan or Romano cheese, meats (diced or julienne), sour cream, unsweetened whipped cream, egg dumplings, marrow dumplings, and julienne pancakes.

The vegetable garnish which is cooked into the soup is usually cut by the soup cook the day before preparation. This is done because the soup is the first item placed on the range during the morning preparation. It takes a few hours of simmering to create the desired flavor for most soups. The vegetable garnish, which should always be cut small, not only adds flavor to the soup but also adds color.

Activity 5
Service of Soups

Directions

On a separate sheet of paper, choose the best answer and write out the complete statement.

DO NOT WRITE IN THIS LAP

1. Before serving soup you should always _____.

   cool it down
   taste it
   add garnish
   all of the above

2. Before serving soup you should check its _____.

   flavor
   consistency
   color
   all of the above

3. Soups should be served _____.

   very hot
   very cold or very hot
   warm or cool
   lukewarm

4. A light soup should be served with a _____ entree.

   vegetable
   light
   heavy
   medium

5. A heavy soup should be served with a _____ entree.

   heavy
   medium
   light
   meat

6. Garnishes should add _____ to soups.

   color
   flavor
   decoration
   all of the above

7. Garnishes should be cut into _____ for soups.

   small pieces
   long strips
   large pieces
   cubes

Activity 5 (continued)
Service of Soups

8. You may use _____ as a garnish for soup.

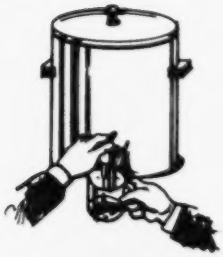
   whipped cream
   pancakes
   vegetables
   all of the above

Check your answers in the back of this LAP. If you missed any, review Information Sheet 5.

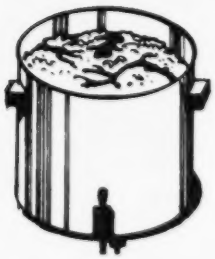
Answer Keys for Written Activities

Activity 1:
Matching Vocabulary Words

1. **stock**—the liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked; used as a base, never as a final product to be served
2. **soup**—a liquid food ready for serving, usually consisting of the broth or stock of meat, vegetables, fish, or shellfish
3. **thin soup**—clear, rich soup prepared without the use of a thickener; examples are French onion soup, bouillon, and consomme
4. **thick soup**—soup made with foods added to the stock for extra body; examples are cream soup, chowder, and bisque
5. **cold soup**—soup served chilled; examples are jellied consomme and vichyssoise
6. **convenience soup**—soup that is already prepared; requires only heating or cooling and sometimes the addition of liquid
7. **condensed**—*part* of the water has been removed
8. **dehydrated**—*all* of the water has been removed
9. **spigot**—a faucet; some stock pots have them



10. **china cap**—a long, pointed metal strainer used for straining sauces, stocks, and soups



11. **raft**—a thickened mass that rises to the top of a stock pot when stock is clarified

Answers Keys for Written Activities (continued)

12. **puree** —a strained or blended thick pulp and juice of vegetables or fruits; also, to force cooked foods through a strainer or run them through a blender to make a thick, smooth pulp

13. **jellied**—refers to chilled liquid that has congealed (become springy and quivery)

14. **legume**—the fruit or seed of protein-rich plants such as peas or beans; used for food

15. **roux** —equal amounts of fat and flour cooked together to form a thick paste; used to thicken stock for soups and sauces

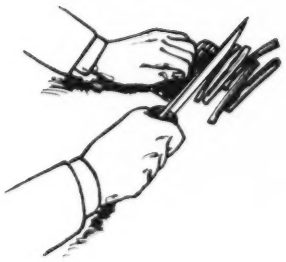
16. **bouquet garni**—stick-like herbs and spices tied together and cooked with stocks and soups for flavoring

17. **sachet** —herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring

18. **clarify**—to make a liquid clear or transparent by removing food particles

19. **mirepoix** —cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service

20. **soup garnish**—any edible food product added to a soup to improve its flavor, add body to it, or decorate it



21. **julienne**—cut into long, thin strips

Answer Keys for Written Activities (continued)

Activity 2A:
Thin Soups

1. Soup may be served as **an appetizer, a meal, a dessert (all of the above).**
2. The best soups are based on **well-prepared stocks.**
3. Soups can be grouped into two major categories: **thin** and **thick**.
4. Thin soups are thin because they **are prepared without the use of a thickener**.
5. Soup stocks are clarified by **combining food particles with protein substances**.
6. Jellied soups are **thin** soups that have been chilled.
7. In making cold soups, **gelatin** is sometimes added to help make them congeal.
8. You must sometimes add gelatin to make jellied soups. Some broths will **congeal without adding gelatin**.
9. Before serving jellied soup, **break up the jelly with a fork**.
10. A popular kind of cold soup used as a dessert is **fruit soup**.

Activity 3A:
Thick Soups

1. Thick soups are thick because they **are prepared with a starch**.
2. Roux is made with **equal parts of flour and fat**.
3. The difference in preparing white, pale, and brown roux is: **the longer you cook it the darker it gets**.
4. If roux is cooked at too high a temperature, the thickening power is **destroyed**.
5. If you want a glossy, clear finish to your soup, you use **slurry** as a thickening agent.
6. **Slurry** is used as a thickening agent for sweet soups and sauces.
7. **Whitewash** adds thickness only, and its general use is not recommended.
8. Other thickening agents are **blood of rabbits and chickens, raw potatoes and rice, and tapioca and oatmeal (all of the above)**.
9. When preparing cream soups, remember that the soup can curdle if too much **heat, salt, or acid (all of the above)** is used.
10. Thick cold soups are **made the same way thick hot soups are made**.

Activity 3B:
Types of Thick and Thin Soups

Soups

thin 1. **broth (bouillion)** Liquid in which meat, fish, or vegetables have been cooked, then strained

thick 2. **chowder** An unstrained stew-like soup of fish or vegetables with milk and potatoes; usually contains salt pork

thick 3. **cream soup** In addition to the major ingredient of the garnish and the thickening agent, milk or cream is used to finish

thin 4. **consomme** A clarified meat stock; may be served hot or cold

thin 5. **madrilene** A spicy tomato consomme

thick 6. **puree** A soup whose main ingredient is the thickening agent; made in a blender or food processor

thick 7. **gumbo** A specialty soup from Louisiana made of ham, tomatoes, rice, vegetables, and shellfish or chicken

thick 8. **bisque** A thick, rich soup usually made from shellfish, with a cream base thickened with roux

thick 9. **gaspacho** A spicy Spanish soup made of tomato, beef bouillon, cucumber, and other vegetables blended together and pureed

thick 10. **vichyssoise** A cold soup made with potatoes, onions, leeks, chicken stock, and cream

Activity 4:
Convenience Soups

1. Convenience soups are used to make **hot and cold soups, casseroles and stews, and sauces, dressings, and dips (all of the above).**
2. Condensed soups **need to have liquid added.**
3. To prepare dehydrated soups you should **dissolve the dry mixture in hot liquid.**
4. To prepare frozen soups you should **thaw before heating.**
5. The characteristic(s) of a well-prepared convenience soup are **consistency typical of the soup type, flavor typical of the foods in the soup, and not watery (all of the above).**

Answer Keys for Written Activities (continued)

Activity 5:
Service of Soups

1. Before serving soup you should always **taste it.**
2. Before serving soup you should check its **flavor, consistency, and color (all of the above).**
3. Soups should be served **very cold or very hot.**
4. A light soup should be served with a **heavy** entree.
5. A heavy soup should be served with a **light** entree.
6. Garnishes should add **color, flavor, and decoration (all of the above)** to soups.
7. Garnishes should be cut into **small pieces** for soups.
8. You may use **whipped cream, pancakes, and vegetables (all of the above)** as a garnish for soup.

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
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Division of Vocational, Adult, and Community Education

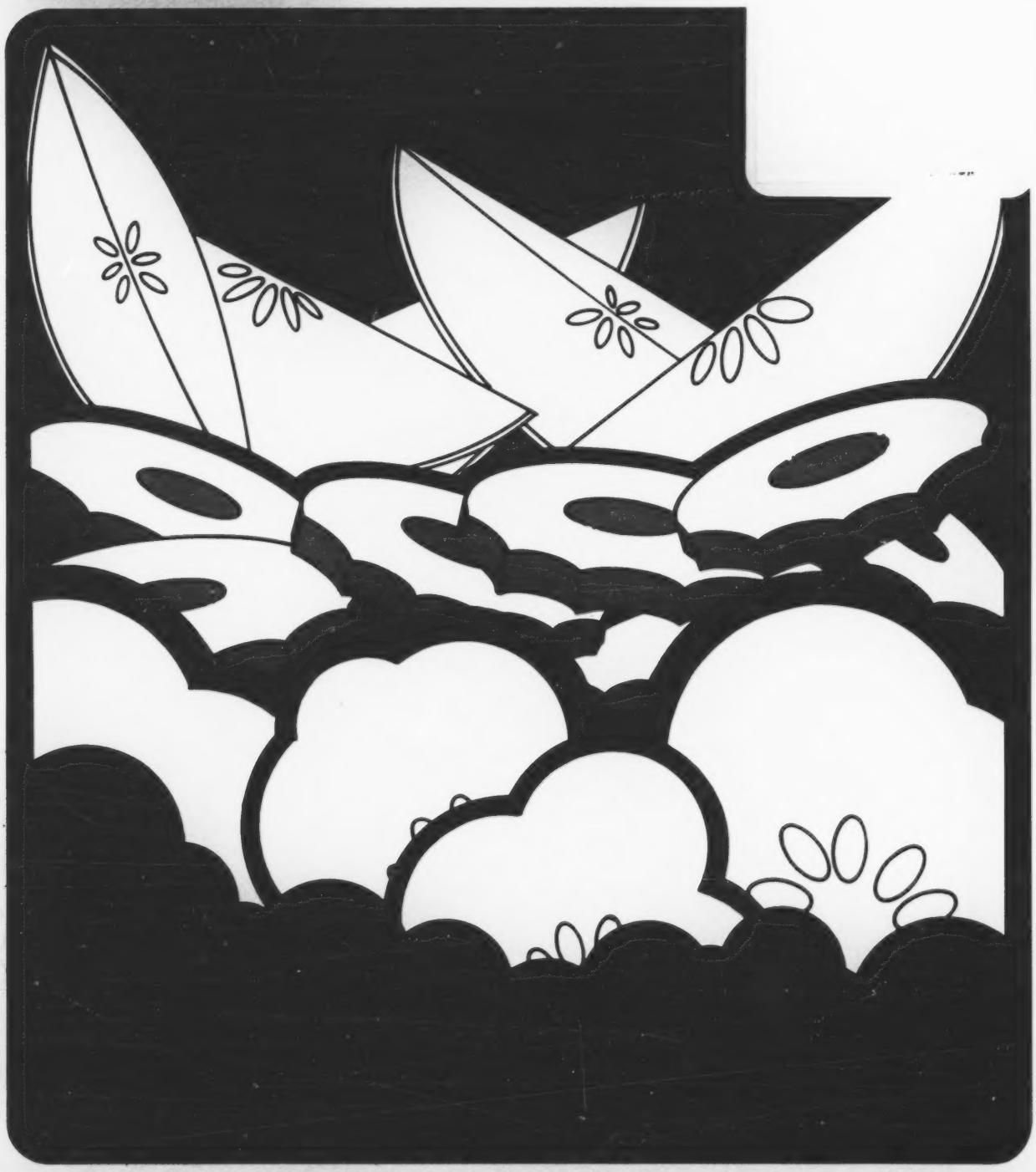
This public document was promulgated at a cost of $1,503.09, or $2.81 per copy, to provide Florida students and educators with competency-based commercial foods and culinary arts instructional materials.

IE 334 BK 85

INSTRUCTOR'S GUIDE
LAP
5.10b

Preparing Soups

Basic Food Preparation



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Florida Department of Education
Ralph D. Turlington, Commissioner of Education

Produced by:
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Florida State University

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INSTRUCTOR'S
GUIDE
LAP
5.10b

Preparing Soups

Basic Food Preparation

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

January 1985

Acknowledgments

The Division of Vocational, Adult, and Community Education, Florida Department of Education wishes to express its gratitude to the agencies listed, which have granted permission for Florida to adapt the following materials:

Quantity Foods, developed by the 916 Vocational-Technical Center, White Bear Lake, Minnesota.

Food Management, Production, and Services: Competency-Based Curriculum, developed for the Tennessee State Department of Education, Division of Vocational Education, Nashville, Tennessee.

Career Related Instruction Series: *Baking and Pastry; Food Preparation; Food Service*, developed at the Capital Area Career Center, Mason, Michigan.

Also used were:

Employability Skills Series: *Good Work!* and *Food Production and Services: Learning Manager's Guide*, developed by the Florida Division of Vocational, Adult, and Community Education.

Subject matter experts who reviewed materials from around the nation, selected the materials to be adapted, and used their considerable experience and talents to monitor the development process were:

William Jacoby, St. Augustine Technical Center

Richard Petrello, Withlacoochee Area Vocational-Technical Center

William Petsch, Pinellas Vocational-Technical Institute

Nancy Steryous, St. Petersburg Vocational-Technical Institute

Bill White, Northeast Senior High School, St. Petersburg

John Wright, Westside Vocational Skills Center, Jacksonville

Ronald Zabkiewicz, South Technical Education Center, Boynton Beach

Assistance on the project was also given by:

Valeria Mason and Iris Helveston, Regional Program Consultants, Division of Vocational, Adult, and Community Education

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These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation**.

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Instructional Matrix

Directions If you want to use only part of the materials in this LAP, use this matrix to help you select what you need.

Objectives	Instructional Materials	Practice and Feedback	Evaluation
Knowledge Objectives	**Information Sheets**	**Written Activities**	**Written Test Items**
1. Match a list of vocabulary words with their definitions. (At least 19 out of 21 must be correct.)	1: Vocabulary	1: Matching Vocabulary Words	Part I: 1-21
2. Choose the correct words or phrases to complete multiple choice statements about thin soups. (At least 9 out of 10 must be correct.)	2: Thin Soups	2A: Thin Soups	Part II: 1-10
3. Choose the correct words or phrases to complete multiple choice statements about thick soups. (At least 9 out of 10 must be correct.)	3: Thick Soups	3A: Thick Soups	Part III: 1-10
4. Match a list of types of soups with their descriptions. (At least 9 out of 10 must be correct.)	2: Thin Soups 3: Thick Soups	3B: Types of Thick and Thin Soups	Part IV: 1-10
5. Indicate which types of soups are thick and which are thin. (At least 9 out of 10 must be correct.)	2: Thin Soups 3: Thick Soups	3B: Types of Thick and Thin Soups	Part V: 1-10
6. Choose the correct words or phrases to complete multiple choice statements about convenience soups. (All 5 must be correct.)	4: Convenience Soups	4: Convenience Soups	Part VI: 1-5
7. Choose the correct words or phrases to complete mutiple choice statements about service of soups. (At least 7 out of 8 must be correct.)	5: Service of Soups	5: Service of Soups	Part VII: 1-8

Instructional Matrix (continued)

Objectives	Instructional Materials	Practice and Feedback	Evaluation
Skill Objectives	**Information Sheets**	**Practice Checklists**	**Skills Test Items**
1. Make clarified soup. The soup must be very clear and free of all food particles, fat, and grease. It should have an appetizing flavor and be served at the correct temperature. The garnish must be correctly cut and portioned.	2: Thin Soups	2B: Make Clarified Soup	Part I: 1-5
2. Make jellied soup. The soup should look appetizing and colorful and be appropriately garnished. It should be seasoned correctly and should not be too salty. The soup should be correctly gelled and be served very cold.	2: Thin Soups	2C: Make Jellied Soup	Part II: 1-5
3. Make roux for cream soup. The roux must be completely cooked and have a nutty, not floury flavor. The consistency should be like that of moist sand. The color should be white or cream, not brown.	3: Thick Soups	3C: Make Cream Soup Using Roux	Part III: 1-5
4. Make cream soup from roux. The soup should be smooth. It should be thick, not thin or pasty. It should be well-seasoned, flavorful, and free of fat. The soup should be served at the correct temperature and be garnished appropriately.	3: Thick Soups	3C: Make Cream Soup Using Roux	Part IV: 1-5
5. Make pureed soup. The soup should be smooth and free of food chunks, vegetable skins, and lumps. It should be free of fat and well-seasoned. It should look appetizing and colorful and be appropriately garnished. The soup should be served at the correct temperature.	3: Thick Soups	3D: Make Pureed Soup	Part V: 1-5

Notes to the Instructor

General Notes

- This LAP is the second of two LAPs about stocks and soups.
- Complete LAP 5.10a before beginning this LAP.

OPPS

The materials in LAP 5.10b cover the following Florida **OPPS** (Occupational Proficiency Performance Standards):

Make clear soups.
Make thick soups.
Make cream soups.

V-TECS

The materials in LAP 5.10b cover the following areas of the Florida/**V-TECS** (Vocational-Technical Education Consortium of States) *Commerical Cook* catalog:

Duty: Preparing and Cooking Soups and Sauces

Task: Make clear soups.
Objective: Given a recipe, stock pot, spoon, vegetable, seasoning, stock, and soup tureen, prepare a clear soup. The soup must be hot, flavorful, contain appropriate amounts of the vegetable, be seasoned to taste, be clear except for the vegetables, and free of fat.

Task: Make light roux.
Objective: Given a recipe, fat, flour, roasting pan, and spoon, prepare a roux. The roux must be grainy, have a nutty odor, have the consistency of moist sand, and have a blond color.

Task: Make cream soups.
Objective: Given a recipe, soup pot, spoon, whisk, vegetables, flour, stock, seasoning, cream, and soup tureen, prepare a cream soup. The soup must be hot, be appropriately thick, be seasoned to taste, flavorful, free of fat, and possess a smooth, even consistency.

Task: Make thick soups (puree).
Objective: Given a recipe, stock pot, spoon, legumes, seasoning, other necessary ingredients, strainer, and soup tureen, prepare a thickened soup. The soup must be hot, flavorful, contain required amounts of ingredients, be seasoned to taste, free of fat, and maintain a smooth, even consistency.

Career MAP

The materials in LAP 5.10b cover or are related to the following Commercial Foods and Culinary Arts Career MAP (Career *M*erit *A*chievement *P*lan) competencies:

Reconstitute powdered soups and sauces.
Store and handle stocks, soups, and sauces.
Bind soups, sauces, and stocks.
Prepare roux and other thickening agents.
Prepare self-thickening soups.

Notes to the Instructor (continued)

Prepare cream soups.
Prepare chowders.
Prepare soup and sauce garnishes.
Prepare cold soups.
Clarify stocks.
Prepare clear soups.
Prepare bisque and other specialty soups.
Present stocks, soups, and sauces for serving.
Prepare salads, buffet foods, beverages, and related foods.
Prepare jellies and aspics.

Special Needs

The following materials can be used for students who are educable mentally retarded/handicapped (EMR/EMH) or academically disadvantaged as an alternative to, or in addition to, this LAP:

Series: Career Related Instruction (CRI)
Occupational Cluster: Food Preparation and Service
Titles: *What is Soup?* (FPS FP 03 001)
Preparing and Serving Soups—Frozen, Canned, Dehydrated, from Recipe (Homemade) (FPS FP 03 002)
Special Kinds of Soup (FPS FP 03 003)
Popular Kinds of Soup (FPS FP 03 004)
Servings (FPS FP 03 005)

Suggested Instructional Procedures

Individual Instruction

If you choose to have student(s) use this LAP as a self-paced, self-instructional unit, have the student(s) follow the learning steps in the LAP, as listed below.

Learning Steps in LAP 5.10b

1. Read and study **Information Sheet 1:** Vocabulary.
2. Complete **Activity 1:** Matching Vocabulary Words. Check your answers.
3. Read and study **Information Sheet 2:** Thin Soups.
4. Complete **Activity 2A:** Thin Soups. Check your answers.
5. Complete **Activity 2B:** Practice Checklist—Make Clarified Soup.
6. Complete **Activity 2C:** Practice Checklist—Make Jellied (Cold) Soup.
7. Read and study **Information Sheet 3:** Thick Soups.
8. Complete **Activity 3A:** Thick Soups. Check your answers.
9. Complete **Activity 3B:** Types of Thick and Thin Soups. Check your answers.
10. Complete **Activity 3C:** Practice Checklist—Make Cream Soup Using Roux.
11. Complete **Activity 3D:** Practice Checklist—Make Pureed Soup.
12. Read and study **Information Sheet 4:** Convenience Soups.
13. Complete **Activity 4:** Convenience Soups. Check your answers.
14. Read and study **Information Sheet 5:** Service of Soups.
15. Complete **Activity 5:** Service of Soups. Check your answers.
16. Get **Written Test 5.10b** from your instructor and complete it. If you are successful, go on to Step 17; if not, talk with your instructor.
17. Have your instructor evaluate you on **Skills Test 5.10b**. If you are successful, you have completed this LAP; if not, talk with your instructor.

Group Instruction

If you choose to use this LAP as a unit of instruction for more than one student, the following teaching steps are suggested.

Notes to the Instructor (continued)

Teaching Steps for LAP 5.10b

1. Discuss the purpose of LAP 5.10b.
2. Discuss the objectives in LAP 5.10b.
3. Discuss the vocabulary words with the group.
4. Introduce the subject of soups.
5. Have each student read the information sheets and do the written activities in the LAP.
6. As a group, discuss thin soups.
7. Demonstrate making clarified soup. Have students practice, with your assistance.
8. Demonstrate making jellied soup. Have students practice, with your assistance.
9. As a group, discuss thick soups.
10. Demonstrate making cream soup using roux. Have students practice, with your assistance.
11. Demonstrate making pureed soup. Have students practice, with your assistance.
12. As a group, discuss convenience soups.
13. As a group, discuss service of soups.
14. Give the students **Written Test 5.10b** to complete. Evaluate the results, using the Answer Key in this Instructor's Guide. Make special arrangements for those who do not master this unit.
15. Use **Skills Test 5.10b** to evaluate each student. Assign students who do not master tasks satisfactorily to practice more in the kitchen, with some assistance.
16. Use the additional instructional activities/enrichment with the group or with individual students.

Additional Instructional Activities/Enrichment

Suggested Readings

Haines, Robert G. *Food Preparation for Hotels, Restaurants, and Cafeterias*. 2nd ed. Alsip, Ill.: American Technical Publishers, 1973, pp. 183–189, 194–224.

Written Test 5.10b
I. Matching Vocabulary

Directions

Match each vocabulary word below with the correct definition. Write the letter of the definition in the blank beside the word.

Vocabulary Words

_____ 1. **clarify**
_____ 2. **bouquet garni**
_____ 3. **roux**
_____ 4. **thick soup**
_____ 5. **soup**
_____ 6. **condensed**
_____ 7. **spigot**
_____ 8. **china cap**
_____ 9. **raft**
_____ 10. **puree**
_____ 11. **dehydrated**
_____ 12. **jellied**
_____ 13. **stock**
_____ 14. **thin soup**
_____ 15. **cold soup**
_____ 16. **soup garnish**
_____ 17. **legume**
_____ 18. **convenience soup**
_____ 19. **sachet**
_____ 20. **mirepoix**
_____ 21. **julienne**

Definitions begin on the next page.

Written Test 5.10b (continued)
I. Matching Vocabulary

Definitions

a. stick-like herbs and spices tied together and cooked with stocks and soups for flavoring

b. equal amounts of fat and flour cooked together to form a thick paste; used to thicken stock for soups and sauces

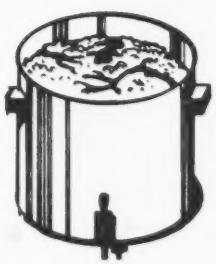
c. to make a liquid clear or transparent by removing food particles

d. a long, pointed metal strainer used for straining sauces, stocks, and soups

e. *part* of the water has been removed

f. a strained or blended thick pulp and juice of vegetables or fruits; also, to force cooked foods through a strainer or run them through a blender to make a thick, smooth pulp

g. the fruit or seed of protein-rich plants such as peas or beans; used for food



h. a thickened mass that rises to the top of a stock pot when stock is clarified

i. cleaned, rough-cut raw vegetables (usually onions, celery, and carrots) cooked with stocks and roasts and removed before service

j. refers to chilled liquid that has congealed (become springy and quivery)

k. clear, rich soup prepared without the use of a thickener; examples are French onion soup, bouillon, and consomme

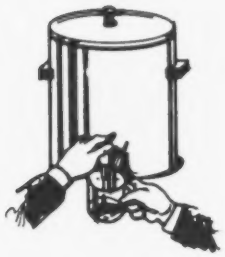
Written Test 5.10b (continued)
I. Matching Vocabulary

l. the liquid in which meat, poultry, or fish trimmings and bones, or vegetables have been cooked; used as a base, never as a final product to be served

m. *all* of the water has been removed

n. soup made with foods added to the stock for extra body; examples are cream soup, chowder, and bisque

o. soup served chilled; examples are jellied consomme and vichyssoise



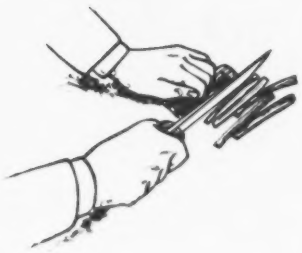
p. a faucet; some stock pots have them

g. a liquid food ready for serving, usually consisting of the broth or stock of meat, vegetables, fish, or shellfish

r. soup that is already prepared; requires only heating or cooling and sometimes the addition of liquid

s. any edible food product added to a soup to improve its flavor, add body to it, or decorate it

t. herbs and spices tied together in a cheesecloth bag and cooked with stocks and soups for flavoring



u. cut into long, thin strips

Written Test 5.10b (continued)
II. Thin Soups

Directions

Read the statements below. Circle the letter of the word or phrase that best completes each statement.

1. Soup stocks are clarified by _____.

   a. using a skimmer to remove scum
   b. draining away all food particles
   c. combining food particles with protein substances
   d. straining out food particles

2. Jellied soups are _____ soups that have been chilled.

   a. thick
   b. fruit
   c. cold
   d. thin

3. _____ is a popular kind of cold soup used as a dessert.

   a. bouillon
   b. consomme
   c. fruit soup
   d. jellied soup

4. Two major categories of soups are _____ and _____.

   a. hot, cold
   b. thin, thick
   c. brown, white
   d. meat, vegetable

5. Before serving jellied soup, _____.

   a. break up the jelly with a fork
   b. place it in a gelatin mold
   c. freeze it
   d. place it in the blender

6. Thin soups are thin because they _____.

   a. use a thin stock
   b. are prepared without the use of a thickener
   c. are prepared with a starch product
   d. are liquid only

7. The best soups are based on _____.
   a. well-prepared stocks
   b. thickening agents
   c. good seasonings
   d. all of the above

Written Test 5.10a (continued)
II. Thin Soups

8. _____ is sometimes added to help make cold soups congeal.

   a. roux
   b. starch
   c. gelatin
   d. ice

9. You must sometimes add gelatin to make jellied soups; however, some broths will _____.

   a. need more gelatin than others
   b. congeal without adding gelatin
   c. need more refrigeration than others
   d. become too thick if gelatin is added

10. You may be served soup as _____.

    a. a meal
    b. an appetizer
    c. a dessert
    d. all of the above

Written Test 5.10b (continued)
III. Thick Soups

Directions

Read the statements below. Circle the letter of the word or phrase that best completes each statement.

1. If roux is cooked at too high a temperature, the thickening power is _____.

   a. activated
   b. slowed
   c. increased
   d. destroyed

2. Use _____ as a thickening agent, if you want a glossy, clear finish to your soup.

   a. tapioca
   b. white roux
   c. whitewash
   d. slurry

3. Some thickening agents for soups are _____.

   a. tapioca and oatmeal
   b. raw potatoes and rice
   c. blood of rabbits and chickens
   d. all of the above

4. Cream soups may curdle if too much _____ is used.

   a. heat
   b. salt
   c. acid
   d. all of the above

5. A thickening agent used for Chinese soups and sauces is _____.

   a. flour
   b. whitewash
   c. slurry
   d. pale roux

6. Thick soups are thick because they _____.

   a. have meat and garnish
   b. are prepared with a starch
   c. have a lot of garnish
   d. use a thick stock

Written Test 5.10b (continued)
III. Thick Soups

7. Thick cold soups _____.

   a. have different thickeners than thick hot soups
   b. have different ingredients than thick hot soups
   c. are prepared differently than thick hot soups
   d. are made the same way thick hot soups are made

8. The ingredients of roux are _____.

   a. flour and water
   b. equal parts of flour and fat
   c. a little fat and a lot of flour
   d. milk, flour, and fat

9. The general use of _____ is not recommended, because it adds thickness only.

   a. slurry
   b. roux
   c. white roux
   d. whitewash

10. In preparing white, pale, or brown roux, the difference is: _____.

    a. the more brown stock you add the darker it gets
    b. the longer you cook it the darker it gets
    c. the longer you cook it the lighter it gets
    d. the type of stock you add controls the color

Written Test 5.10b (continued)
IV. Types of Thick and Thin Soups

Directions

Match each type of soup with the correct description. Write the letter of the description in the blank beside the type of soup.

Soups

_____ 1. madrilene
_____ 2. puree
_____ 3. gumbo
_____ 4. bisque
_____ 5. gaspacho
_____ 6. vichyssoise
_____ 7. broth or bouillon
_____ 8. chowder
_____ 9. cream soup
_____ 10. consomme

Descriptions

a. a spicy Spanish soup made of tomato, beef bouillon, cucumber, and other vegetables blended together and pureed

b. a specialty soup from Louisiana made of ham, tomatoes, rice, vegetables, and shellfish or chicken

c. in addition to the major ingredient of the garnish and the thickening agent, milk or cream is used to finish

d. a spicy tomato consomme

e. a soup whose main ingredient is the thickening agent; made in a blender or food processor

f. a clarified meat stock; may be served hot or cold

g. liquid in which meat, fish, or vegetables have been cooked, then strained

h. an unstrained stew-like soup of fish or vegetables with milk and potatoes; usually contains salt pork

i. a thick, rich soup usually made from shellfish, with a cream base thickened with roux

j. A cold soup made with potatoes, onions, leeks, chicken stock and cream

Written Test 5.10b (continued)
V. Thick or Thin Soup

Directions Write *thick* or *thin* beside each type of soup.

_____ 1. vichyssoise

_____ 2. broth or bouillon

_____ 3. chowder

_____ 4. cream soup

_____ 5. consomme

_____ 6. madrilene

_____ 7. puree

_____ 8. gumbo

_____ 9. bisque

_____ 10. gaspacho

Written Test 5.10b (continued)
VI. Convenience Soups

Directions

Read the statements below. Circle the letter of the word or phrase that best completes each statement.

1. Condensed soups _____.

   a. are ready to serve
   b. need to have liquid added
   c. are always canned
   d. have all the water removed

2. A well-prepared convenience soup should have the following characteristic(s): _____.

   a. not watery
   b. flavor typical of the foods in the soup
   c. consistency typical of the soup type
   d. all of the above

3. When preparing dehydrated soups you should _____.

   a. dissolve the dry mixture in hot liquid
   b. add water to the condensed mixture
   c. heat before serving
   d. thaw before heating

4. _____ can be made from convenience soups.

   a. sauces, dressings, and dips
   b. casseroles and stews
   c. hot and cold soups
   d. all of the above

5. When preparing frozen soups you should _____.

   a. thaw before heating
   b. add water to the condensed mixture
   c. heat before serving
   d. dissolve the dry mixture in hot liquid

Written Test 5.10b (continued)
VII. Service of Soups

Directions

Read the statements below. Circle the letter of the word or phrase that best completes each statement.

1. You may use _____ as a garnish for soup.

   a. vegetables
   b. whipped cream
   c. pancakes
   d. all of the above

2. A light soup should be served with a _____ entree.

   a. light
   b. medium
   c. heavy
   d. meat

3. A heavy soup should be served with a _____ entree.

   a. vegetable
   b. light
   c. heavy
   d. medium

4. To add _____ to soups, garnishes are used.

   a. color
   b. decoration
   c. flavor
   d. all of the above

5. Cut garnish in _____ for soups.

   a. small pieces
   b. long strips
   c. large pieces
   d. cubes

6. Always _____ before serving.

   a. cool the soup down
   b. taste the soup
   c. add garnish
   d. all of the above

7. Soups should be served _____.

   a. warm or cool
   b. very hot
   c. very cold or very hot
   d. lukewarm

Written Test 5.10b (continued)
VII. Service of Soups

8. Check the _____ of the soup before serving it.

   a. consistency
   b. flavor
   c. color
   d. all of the above

Answer Key for Written Test

Each section in the Written Test covers one objective and, therefore, should be evaluated separately. Criteria for evaluating each section are suggested below.

I. To master this objective, the student should answer 19 out of 21 correctly.

1. c	6. e	11. m	16. s
2. a	7. p	12. j	17. g
3. b	8. d	13. l	18. r
4. n	9. h	14. k	19. t
5. q	10. f	15. o	20. i
			21. u

II. To master this objective, the student should answer 9 out of 10 correctly.

1. c	6. b
2. d	7. a
3. c	8. c
4. b	9. b
5. a	10. d

III. To master this objective, the student should answer 9 out of 10 correctly.

1. d	6. b
2. d	7. d
3. d	8. b
4. d	9. d
5. c	10. b

IV. To master this objective, the student should answer 9 out of 10 correctly.

1. d	6. j
2. e	7. g
3. b	8. h
4. i	9. c
5. a	10. f

V. To master this objective, the student should answer 9 out of 10 correctly.

1. thick	6. thin
2. thin	7. thick
3. thick	8. thick
4. thick	9. thick
5. thin	10. thick

Answer Key for Written Test (continued)

VI. To master this objective, the student should answer all of these correctly.

1. b
2. d
3. a
4. d
5. a

VII. To master this objective, the student should answer 7 out of 8 correctly.

1. d
2. c
3. b
4. d
5. a
6. b
7. c
8. d

Skills Test 5.10b
Preparing Soups

Student's Name _____ Date _____

The Student Can:	Yes	No
I. Make clarified soup.		
1. Organized work area and ingredients for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Is the soup very clear and free of all food particles? Is it free of grease? Does it have an appetizing flavor? Is it being served at the correct temperature? Is the garnish correctly cut and portioned?	___	___
5. Cleaned work area well.	___	___
II. Make jellied soup.		
1. Organized work area and ingredients for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Does the soup look appetizing? Is it colorful and appropriately garnished? Is it seasoned correctly, not too salty? Is it correctly gelled, not thin and watery or heavy and rubbery? Is it being served very cold?	___	___
5. Cleaned work area well.	___	___
III. Make roux for cream soup.		
1. Organized work area and ingredients for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Is the roux completely cooked, but not overdone? Does it have a nutty flavor, not floury? Does it have the consistency of moist sand? Is the color white or cream, not brown?	___	___
5. Cleaned work area well.	___	___
IV. Make cream soup from roux.		
1. Organized work area and ingredients for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Is the soup smooth, not lumpy? Is it well-thickened, not thin or pasty? Is it flavorful and well-seasoned, not tasteless, too spicy, or too salty? Is it free of fat? Is it being served at the correct temperature? Do the garnishes look appealing and fresh, not overdone, skimpy, or soggy?	___	___
5. Cleaned work area well.	___	___

Skills Test 5.10b (continued)
Preparing Soups

The Student Can:	**Yes**	**No**
V. Make pureed soup.		
1. Organized work area and ingredients for efficient preparation before beginning.	___	___
2. Followed recipe correctly.	___	___
3. Followed procedures correctly.	___	___
4. Produced an acceptable product. Criteria: Does the soup look appealing? Is it colorful and appropriately garnished? Is it seasoned well, not over- or under-seasoned or salty? Is it smooth and free of food chunks, vegetable skins, or lumps (other than garnish)? Is it free of grease? Is it being served at the correct temperature?	___	___
5. Cleaned work area well.	___	___

State of Florida
Department of Education
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